

Head and Neck

Your head and neck should be in line with your shoulders. *Examples of when they are not in line include: Twisting neck to either side (e.g., to look at documents). Bending neck forward or, even worse, backward (e.g., looking through bifocals). Holding objects between head and shoulder (e.g., cradling phone).*

Neutral



Moderate Deviation



Maximum Deviation

